



***"Becoming an Outdoors-Woman" and the logo are copyrighted***

*Becoming an Outdoors-Woman (BOW) is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...*

- ☐ *You have never tried these activities, but have hoped for an opportunity to learn,*
- ☐ *You are a beginner who hopes to improve your skills,*
- ☐ *You know how to do some of these activities, but would like to try your hand at some new ones,*
- ☐ *You are just looking for the camaraderie of like-minded individuals.*

**FRIDAY, SEPTEMBER 18 – SUNDAY, SEPTEMBER 20, 2015**

**ANNUAL FALL BOW ADVENTURE**

**LAKE CUMBERLAND 4-H LEADERSHIP CENTER, JABEZ, KY**



The Kentucky Department of Fish and Wildlife Resources (KDFWR) hosts this event in partnership with support and sponsorship provided by the Kentucky Fish and Wildlife Foundation and the Yvetta Reffitt Scholarship fund

#### **WEEKEND AGENDA**

##### **FRIDAY, SEPTEMBER 18**

9:30am Check in  
11am Welcome  
12pm Lunch  
1:30pm SESSION I  
5:30pm Dinner  
7pm Group Activity

##### **SATURDAY, SEPTEMBER 19**

7:30am Breakfast  
8:30am SESSION II  
12pm Lunch  
1:30pm SESSION III  
5:30pm Dinner  
7pm Group Activity

##### **SUNDAY, SEPTEMBER 20**

7am Devotion  
7:30am Breakfast  
8:30am SESSION IV  
11:30am Wrap-Up

#### **KY BOW SPONSORSHIP**

In 2013 a scholarship program was created to honor longtime KY BOW supporter/participant, Yvetta Reffitt. Contributions are dedicated to assist participants seeking financial assistance to KY BOW events. To contribute please send your gifts payable to Beth Minch, P.O. Box 35, Stamping Ground, KY 40379.

To apply for a scholarship, please contact Norm Minch at 800-858-1549 prior to August 4, 2015.

#### **QUESTIONS OR CONCERNS**

Please call 1 800-858-1549, ask for Megan Bagby or Naomi Wilson. You may also e-mail Beth at [beth.minch@ky.gov](mailto:beth.minch@ky.gov). We strongly encourage you read the registration form and your confirmation letter prior to contacting the BOW staff as most issues are addressed there.

#### **ACCOMMODATIONS**

All rooms are non-smoking. Some rooms will sleep up to six (6) people. Please note your roommate(s) name(s) on your registration form. Each room offers a private restroom, bedding (linens) and towels. Due to the expectation of considerable participation during this event there will only be four (4) single rooms available.

#### **REGISTRATION/CONFIRMATION**

Registration closes August 28, 2015 or sooner if capacity of 150 is met. One person per registration form. Mail completed registration form to Beth Minch, PO Box 35, Stamping Ground, KY 40379. Confirmation will be mailed with packing suggestions, reminders and directions upon receipt of properly completed and fully paid registration. **WE STRONGLY ENCOURAGE YOU TO READ WHEN RECEIVED AS IMPERATIVE INFORMATION IS PROVIDED INCLUDING CLASS PLACEMENT. YOU CANNOT CHANGE YOUR CLASS SELECTION AT THE EVENT**

**IN CELEBRATION OF KY BOW'S 20 YEAR ANNIVERSARY  
THERE ARE FOUR (4) REGISTRATION FEES OFFERED  
PLEASE READ AND SELECT CAREFULLY**

**FEES/PAYMENT**

Your registration fee covers two (2) nights lodging in the Education Center, six (6) meals, planned group activities, four (4) class sessions, materials, prizes and more. All registrations MUST include any additional fee noted on class descriptions to secure your spot in that class. Please check your math closely for the correct amount to remit for lodging and class selection.

\$250	Single accommodations / a limited number of four (4) rooms will be allowed for singles
\$175pp	Double occupancy / place roommates name on your registration form otherwise one (1) will be chosen for you
\$150pp	Triple occupancy / place roommates names on your registration form otherwise two (2) will be chosen for you
\$125pp	Quad occupancy / place roommates names on your registration form otherwise three (3) will be chosen for you

**CANCELLATION**

Cancellations made before August 4 will incur a \$25 processing fee. Cancellations made on or after August 4, thru August 27 will be refunded HALF their fee. Those who cancel on or after August 28 or no-shows will forfeit their entire fee. **Substitutes are accepted under the same class and rooming arrangements**

**CLASS DESCRIPTIONS**

**ALL FIREARM CLASSES REQUIRE EYE/EAR PROTECTION AND WILL BE PROVIDED**  
**ALL CLASSES TAKING PLACE ON THE WATER REQUIRE PFD'S AND WILL BE PROVIDED**

**PLEASE NOTE – ALL CLASSES HIGHLIGHTED IN RED HAVE  
MET CAPACITY AND ARE CLOSED REGISTRATION**

**ADVANCED ARCHERY**

Spend time maneuvering through a 3-D target range and learning to use and shoot from blinds and tree stands. Shot placement, equipment tips and handling will be the focus.

**PARTICIPANTS MUST BRING THEIR OWN BOW**

**~~ADVANCED PISTOLS~~**

~~Designed to gain you greater confidence beyond basic handling. How to load, unload, clear malfunctions, use different holster types, marksmanship and most importantly, SAFETY will all be covered. Build confidence because it's a key point in shooting well and safely. **PARTICIPANTS MUST BRING THEIR OWN PISTOL AND 100 ROUNDS MINIMUM OF AMMUNITION (NO RELOADS)**~~

**~~ADVANCED RIFLES (CENTERFIRE)~~**

~~Previous completion of a basic rifle course required. Course time covering big game rifle types, sights, sight adjustment procedures, caliber and bullet selection, shooting techniques, field safety and shot placement. **PARTICIPANTS MUST BRING THEIR OWN RIFLES AND AMMUNITION (NO RELOADS)**~~

**AFTER THE CATCH (Skinning & Proper Fur Handling)**

When it comes to selling your furs the smallest of mistakes can cost you money. Learn how to skin and properly handle your furs to ready them for the market.

**BASIC ARCHERY**

Learn a new outdoor skill with step by step instructions for correctly and safely shooting a bow. You'll be hitting the target and popping balloons in no time with an opportunity to use what you've learned on a 3-D range.

**BASIC BOATING SAFETY & OPERATION**

What's required for boating? Need advice and practice at the ramp? An in-depth review of KY boating laws, rules of the road (water), safety tips, operational instruction, backing, launching and equipment requirements for boats and other watercraft on KY waters.

**BASIC FISHING**

Venture into the world of fishing as you learn basic techniques, safety, casting, tackle, equipment, and bait. You will get to utilize your new found skills by hitting the waters of Lake Cumberland. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

**BASIC FLY TYING**

Focus on the fundamentals of fly tying as you learn about fly fishing techniques while turning your own hand tied flies to take home. **ADDITIONAL \$10 SUPPLY FEE**

**~~BASIC PISTOLS~~**

~~Looking for a great class to learn the basics of pistol shooting? This is it. Safely and accurately using a pistol for target shooting and hunting both will be covered. Learn how to select the right caliber pistol and principles of marksmanship.~~

**BASIC RIFLES (RIMFIRE)**

Learn basic skills for safely and accurately using a rifle for target and small game hunting purposes. We'll discuss rifle safety, types, selection, calibers and shooting principles. It's fun and informative with plenty of shooting time.

**BASIC SHOTGUNS**

Learn to safely handle and comfortably shoot different types of shotguns. Find the right one for you! By the end of class you'll be knocking moving targets from the sky.

## BEING COMFORTABLE ON YOUR OWN

Even if you're hunting 'with' others, frequently they're not right there with you in the woods. Discover tips on how to increase your comfort level moving to tree-stands, hunting blinds or that great turkey spot before sunrise enjoying your time in the woods alone.

## BLACK POWDER EQUIPMENT USE

This course will teach the basics of safely handling, loading, firing and cleaning black powder firearms from flintlocks to in-lines. Learn how the pioneers did it then & we do it now!

## CLEANING AND PROCESSING WILD GAME

Taking game is one great part of the experience but how do you clean and prepare it for the table? Join in on processing and care of wild game meat, including filleting, skinning, packaging and labeling. We'll show you the simple equipment you need and reveal tricks of the trade for cooking game that'll help assure the best overall taste of your harvest. **ADDITIONAL \$5 SUPPLY FEE**

## CROCK-AND-LOAD

Heard the quip "Lock n Load"? This is similar, but instead of a firearm our wild game chef will demonstrate how to load your crock-pot with various game meats to produce healthier and tastier fixin's than you might expect. We may also "smoke them if we have them" and "rake it across the coals" if time allows. Join us for tips on using the game you harvest in easy to prepare dishes! **ADDITIONAL \$5 SUPPLY FEE**

## FINDING BIGFOOT

Learn the basics of wildlife observation and tracking by using your senses to "read sign" and find various game species.

## FISHING- LIKE A BOX OF CHOCOLATES?

Sometimes fishing is unpredictable. You never know what you're going to get—EXCEPT that you're sure to have a fantastic time. For experienced anglers, this class takes you on the water with a veteran angler to boat fish for WHATEVER he thinks is a good bet. Cumberland's depths hold a variety of species like catfish, walleye, striped bass, smallmouth and much more! Must know how to handle the provided fishing equipment. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

## GET YOUR OUTDOOR MACGYVER ON

Riddle me this: What do turkey wings, broken deer antlers, mangled spinnerbaits, old bobbers, a deer hide, empty shotgun shells and creativity have in common? Join us for this fun and innovative class on making nifty knick-knacks from used and leftover game harvests, hunting and fishing equipment. You'll be surprised what you can do with all that extra "stuff"! **ADDITIONAL \$5 SUPPLY FEE / PLEASE BRING AN EMPTY PILL BOTTLE FOR CLASS**

## HAND-LINE FISHING

Learn how to catch fish on a hand-held line using the minimum equipment needed. It's fun and comes in handy for survival situations. Two basic knots, some basic tackle and a yo-yo rig will provide you with hours of fishing fun! **ADDITIONAL \$10 SUPPLY FEE / PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

## HOW TO HIDE

Understanding camouflage and its use is a key advantage in seeing more wildlife. Learn things you didn't know about wildlife vision and how camouflage works. Learn about when, where, and how to use it effectively.

## PRESERVING YOUR HARVEST

Learn the basics of making sausage, smoking game and fish as well as pickling or canning your veggies. **ADDITIONAL \$10 SUPPLY FEE**

## SECRETS TO SMALL GAME HUNTING REVEALED

Much of the success in small game hunting lies in learning how and where to look and developing basic woods "womanship" skills. We'll take you in the field to learn how to read the woods for numerous types of small game, discuss hunting methods, equipment, season laws, and game behavior and help you unlock some of the mysteries it takes many hunters years to discover on their own.

## SERIOUSLY, YOU SAW WHAT??

Kentucky fields and woodlands teem with wildlife. Do you want to learn what's out there? Our expert will share her knowledge of all types of game (and some nongame) in our state and how to identify it by sight, sound, habitat preference and behavioral characteristics. We'll go outside as well, and get a little experience under our belts in how to look, listen and figure out what we come across in the hunting woods.

## TRAPPING-BASICS

Though the first European explorers came to North America in search of gold and silver, it was an abundance of fur-bearing animals that proved to be the real treasure. Fur-bearing animals are a renewable resource and trappers still harvest game today. But trapping has become more of a recreational pastime than a livelihood for most. We'll cover the basic items you must acquire to become a trapper, for profit or for eliminating nuisance animals including traps, lures, bait, stakes, tools, safety/comfort and of course staying legal.

## WAYS TO GROW WILDLIFE

We all like to observe wildlife and have more game to hunt. We will discuss various methods of improving habitat on a large scale landholding, to help game numbers increase and be maintained. The side benefits for other species will also be noted that these wildlife "farming" practices produce. Primarily targets landowners of 25-acre's or more interested in learning about putting in food plots, fescue grass conversion and employing other habitat enhancement techniques biologists recommend.

**PLEASE READ CAREFULLY AND COMPLETE FORM PROPERLY**  
**MAKE CHECK PAYABLE IN THE FULL AMOUNT INCLUDING ANY ADDITIONAL CLASS FEES TO BETH MINCH**  
**MAIL COMPLETED FORM AND PAYMENT TO:**  
**BETH MINCH, P.O. BOX 35, STAMPING GROUND, KY 40379**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_ (PRINT CLEARLY) \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

ROOMMATES NAME \_\_\_\_\_ (SOME ROOMS HOLD UP TO SIX)

**IF YOU DO NOT INDICATE YOUR ROOMMATE WE WILL DETERMINE THEM FOR YOU**

I may be exposed to some environmental/physical risk due to the nature of the event. I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs and video may be taken during the event to be used in future support of the program. I understand that organizing the BOW adventure takes place months in advance and every effort is made to offer all scheduled classes. However, in the event of an unforeseen and unavoidable event of a class/event cancellation or instructor change, BOW will provide excellent alternatives should these situations arise.

APPLICANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**IT IS MANDATORY TO SELECT YOUR TOP SIX (6) CHOICES BY INDICATING**  
**YOUR FIRST (1), SECOND (2) THIRD (3) AND SO ON CHOICES WITH THE APPROPRIATE NUMBER**  
**ALL SESSIONS ARE LIMITED AND FILLED ON A FIRST-COME, FIRST-SERVED BASIS**  
**PLEASE SELECT YOUR COURSES CAREFULLY; YOU CANNOT CHANGE YOUR SCHEDULE AT THE EVENT**  
**AS COURSES FILL, YOU ARE ASSIGNED YOUR NEXT NUMBER CHOICE**

\_\_\_\_ Advanced Archery

\_\_\_\_ Cleaning and Processing Wild Game

~~\_\_\_\_ Advanced Pistols~~

~~\_\_\_\_ Crock and Load~~

~~\_\_\_\_ Advanced Rifles~~

~~\_\_\_\_ Finding Bigfoot~~

~~\_\_\_\_ After the Catch~~

~~\_\_\_\_ Fishing — Like a Box of Chocolates~~

\_\_\_\_ Basic Archery

~~\_\_\_\_ Get Your Outdoor MacGyver On~~

\_\_\_\_ Basic Boating Safety & Operation

~~\_\_\_\_ Hand Line Fishing~~

\_\_\_\_ Basic Fishing

~~\_\_\_\_ How to Hide~~

\_\_\_\_ Basic Fly Tying

~~\_\_\_\_ Preserving Your Harvest~~

~~\_\_\_\_ Basic Pistols~~

\_\_\_\_ Secrets to Small Game Hunting Reveled

\_\_\_\_ Basic Rifles

\_\_\_\_ Seriously, You Saw What?

\_\_\_\_ Basic Shotguns

~~\_\_\_\_ Trapping Basics~~

\_\_\_\_ Being Comfortable on Your Own

\_\_\_\_ Ways to Grow Wildlife

\_\_\_\_ Black Powder Equipment Use